

New Bern Boxing, MMA & Fitness



Class Times

BOXING

Mon, Wed & Friday 3:30-5:00 PM

Mon, Wed, Fri & Sat 6:30-8 AM

LITTLE DRAGONS

Tuesday and Thursdays 5:20-6 PM

YOUTH KARATE PROGRAM

Tuesdays and Thursdays 6-7 PM

ADULT KARATE

Tuesdays and Thursdays 7-8 PM

LADIES KICKBOXING

Mon, Wed & Friday 8:30 – 9:30 AM

LADIES STRENGTH & CONDITIONING

Mon, Wed & Friday 6-7 PM

ZUMBA

Mondays and Wednesdays 6-7 PM

WRESTLING

TBD

MIXED MARTIAL ARTS

Wednesdays & Fridays 6-7 PM

MIYAMA RYU JUJITSU

Call for schedule

OPEN GYM

Sundays 1-5 PM (\$15 for non-patrons)

YOGA

Call for information

PRICING

BOXING

| | |
|---------------------------|-------------|
| Youth (5-14) | \$110/month |
| Adults (15 & older) | \$125/month |
| Competitive (5 days/week) | \$150/month |
| Professional | \$125/hour |

KARATE

| | |
|--------------------------|-------------|
| Little Dragons (age 5-7) | \$70/month |
| Youth (age 8-16) | \$90/month |
| Adults (16+) | \$100/month |

Wrestling \$100/month

Kickboxing \$80/month

Mixed Martial Arts \$80/month

MMA & Kickboxing Package \$130/month

Miyama Ryu Jujitsu \$80/month

Yoga \$10/class

Zumba \$5/class

Personal Training Call for pricing

Afterschool Care \$90/week

Summer Camp \$130/week

Boxing, Karate & Wrestling Class drop in rate
\$15/class

Event Rental Space \$500

Birthday Parties \$200

CASH APP \$nbkarate|VENMO @nbkarate
PayPal Credit 4% convenience fee

252-474-7217

newbernkarateandfitness@gmail.com

newbernkarateandfitness.com

4110 MLK Jr. Blvd, Suite H

New Bern, NC



New Bern Boxing, MMA & Fitness

COUPON

1 free month of

Boxing OR Karate OR Kickboxing

1 offer per child or adult

New Clients only

Expires December 31, 2022

Failure Isn't An Option